

Stuttgart Health Clinic serves community

Range of services available for area's beneficiaries

U.S. Army Medical Department Activity, Heidelberg
Public Affairs Office

The Stuttgart Army Health Clinic offers a wide range of health care services and is open to all military and Department of Defense beneficiaries.

Beneficiaries include active duty service members and their family members; retirees and their family members, and DoD personnel and their families.

Active-duty service members

Active Duty Service members are entitled to all services provided at Stuttgart Army Health Clinic.

Active-duty service members' family members

Active-duty service members' family members are eligible for all services provided at Stuttgart Army Health Clinic to include pediatric, gynecology, physical therapy and primary care services with limited availability in optometry.

Patients requiring an optometry appointment are asked to call Central Appointments and request an optometry appointment. If an optometry appointment is not available, you will be referred to the triage nurse who will generate a statement of non-availability.

You will need to go in person to the TRICARE Service Center. The TRICARE Service Center will then make an appointment for you with one of our highly qualified host nation providers.

Retirees

Retirees are eligible for all services provided at Stuttgart Army Health Clinic to include pediatric, gynecology, physical therapy and primary care services with limited availability in optometry.

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Retirees' family members

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Providing quality health care to the people in this community is our priority.

Lt. Col. Barbara Jennings
Stuttgart Health Clinic

DOD civilians and DoDDs employees (pay patients)

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DOD civilians and their family members and DoDDs employees (pay patients)

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American contractors (pay patients)

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American contractors' family members

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"Providing quality health care to the people in this community is our priority," said Lt. Col. Barbara Jennings, clinic commander.

"We offer pediatric, gynecology, physical therapy and primary care services as well as active duty physical examinations. Our clinic also has an optometrist. While the majority of her patients are active duty, some appointments are available for our active-duty family members. We are taking care of all of our beneficiaries at the clinic as much as possible, referring patients who need a higher level of specialty care to our host nation health care providers."

Jennings added that a physical therapy program is available at the clinic as well as a clinic for women who have had abnormal pap smears.

The Stuttgart Army Health Clinic is open Mondays to Fridays, 7:30 a.m. to 4:30 p.m. Active-duty sick call is 7:30 to 9 a.m. daily on a walk-in basis.

Scheduled appointments begin at 9 a.m. Immunization Clinic hours are 7:30 a.m. to 11:30 a.m. and 12:30 to 4:00 p.m., Mondays to Fridays.

Patients may schedule appointments by calling Central appointments at 430-8610/civ. 0711-680-8610. Callers should press option one to make an appointment.

Patients should arrive 15 minutes prior to their scheduled appointment time. The TRICARE Service Center representative is 2d Lt. Shannon Hafertepen, 430-8642/civ. 430-8642.

For more information call the clinic at 430-8610/civ. 07116-80-8610.

Music program fires kids' imaginations

Kindermusik from Page 12

music CDs (containing the same songs used during class), books, age-appropriate instruments and activity books or journals—that tie into the sessions.

"Repetition is key," Zazworsky said. Instructors "try to pull in the parents to show them how their children learn so they can continue at home."

More than songs

Under the guise of play, Kindermusik helps students develop on the musical, cognitive, emotional, social and physical

levels.

"The main focus is to help children develop and learn through music," Zazworsky said.

Research has shown that early exposure to music improves a child's ability to "think, reason, create and express," according to information from Kindermusik. "Music makes him smarter," they claim.

Zazworsky concurs. She said music helps children with reading, math and problem solving. "They've fired their imaginations, moved their bodies in great ways, been creative and that part of their independent mind starts going."

Anna Stephenson, 4, takes Zazworsky's "Imagine That" class because "she likes music, to jump around and sing.," said her mother, Cindy.

"I figured it would be a good winter activity," she said.

Barbara Bado brought son Jakob, 2, to Buxkemper's "Our Time" class because "it's a good outlet for him. He enjoys the exposure to all the instruments and it's also good for socialization," she said.

Kindermusik can also be beneficial for developmentally challenged children, such as those with autism, learning disorders and speech impediments.

"Kindermusik is awesome for these children," Zazworsky said, "they're not limited. The music calms them, and they can get a little bit of independence."

Kindermusik classes are held on Patch, Robinson and Kelley Barracks. Registration is ongoing.

For more information about classes on Patch or RB call Monica Zazworsky at 0715-863-130 or e-mail zaz@sprintmail.com.

For classes on Kelley call Jennifer Buxkemper at 0711-726-1216.

To learn more about Kindermusik, visit www.Kindermusik.com.